



## Groundwater Foundation Launches Learn at Home Resources

In response to the COVID-19 pandemic that has closed schools and shifted learning to home environments, the Groundwater Foundation has launched a new series of free online lessons to educate students on the science of groundwater.

School closings and “shelter in place” orders across the country have left millions of children and students at home and in need of more online educational resources. As a response to this need, the Groundwater Foundation is providing online lessons at no cost to the public.

The online lessons cover a variety of groundwater information, from basic groundwater terminology and concepts to groundwater usage, how it becomes contaminated, and how we can help protect it.

The Foundation wanted to provide useful resources for parents and educators to keep kids engaged and learning about groundwater at home during this time when schools are closed. With the uncertainty about school plans for the fall, the resources

will continue to be useful for the upcoming school year and beyond.

The lessons consist of worksheets and videos children can do on their own, plus more involved activities to do with an adult or older sibling. Current online lessons include the following topics:

- Groundwater basics
- Water cycle
- Aquifers
- Pollution

There are also a variety of free coloring sheets available for download.

For educators and parents searching for more hands-on activities about groundwater, Awesome Aquifer Kits are also available through the Groundwater Foundation website. Awesome Aquifer Kits are an all-in-one educational kit with everything you need to build your own model aquifer.

“The groundwater industry has been deemed an essential service and we take that responsibility seriously,” said National Ground Water Association CEO Terry S. Morse CAE, CIC. “These lessons are an extension of our service to communities and I’m proud that we’re able to provide these to the public at no cost during these uncertain times.”

For more information about these lessons and Awesome Aquifer Kits, please visit [www.groundwater.org](http://www.groundwater.org) and [www.awesomeaquifer.com](http://www.awesomeaquifer.com).💧

## Nebraska MEDS Pharmacies Still Accepting Medications for Safe Disposal

Everyone is spending more time at home due to the Covid-19 global pandemic.

NPR reports that about one-third of Americans are working from home because of the coronavirus. Your kids may also be at home if their summer programs are cancelled or childcare facility is closed.

All the extra time—and people—at home may inspire you to clean and organize your closets, drawers, and cupboards. Don’t neglect your medicine cabinet during your cleaning spree and don’t let old medications collect dust. Clean out your medicine cabinet and take any unused or expired medications back to a Nebraska MEDS pharmacy.

A Consumer Reports survey reports that one-third of Americans haven’t cleaned out their medicine cabinet in at least a year, and one-fifth haven’t in three years. This means it’s likely you’ll find unused, expired, and unneeded prescription and over-the-counter medications that you’re not sure what to do with.

These medications should be disposed of because:

- It's unsafe to reuse medications.
- Unused medications are often ineffective because they've been kept past their expiration date or stored improperly.
- Unused medication has the potential to fall into the wrong hands, and may lead to drug abuse or accidental poisoning.

Over 300 pharmacies across the state participate in the Nebraska MEDS Initiative and will take back unused or expired medications, free of charge, any day of the year.

"There's no need to hold on to old medications or wait until a scheduled take-back day," said Sarah Hunter of the Nebraska Pharmacists Association.

"With more people staying in their homes, it's even more important that medications are disposed of safely to prevent accidental poisoning or misuse," Hunter said.

Hunter points out that pharmacies are considered essential services and are still operating during local health directives or stay-at-home orders in response to the COVID-19 outbreak.

During the COVID-19 outbreak, Nebraska MEDS Initiative pharmacies will still take back your medications for safe and legal disposal, but there are important guidelines to follow in order to protect public health and minimize person-to-person contact.

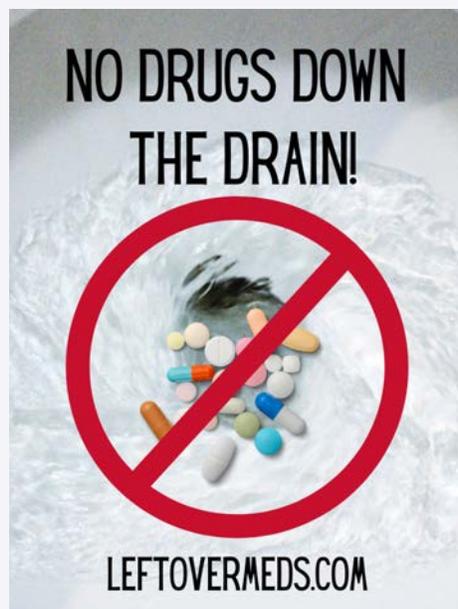
- Follow all local directive health measures.
- Ensure you follow social-distancing recommendations and stay at least six feet from other customers and pharmacy staff.
- Before you arrive, call your pharmacy to verify their process for accepting medications.
- Envelope disposal systems are available for free at-home disposal.

In addition to the potential human health impacts of leftover medications, these compounds can contaminate waterways—rivers, lakes, and groundwater—when flushed, put down the drain, or thrown in the trash. Most water treatment facilities do not have the capacity to remove these compounds.

Since 2016, over 123,000 pounds of medication have been collected by Nebraska pharmacies for safe disposal as part of Nebraska MEDS. Find a participating pharmacy near you at [leftovermeds.com](http://leftovermeds.com) or Google "drug disposal near me."

Nebraska MEDS (Medication Education on Disposal Strategies) is a coalition of state and community partners dedicated to educating Nebraskans about drug disposal and provides safe ways to dispose of them to better safeguard the environment and public health. It is funded by the Nebraska Environmental Trust and the Nebraska Legislature. The Coalition includes the Nebraska Pharmacists Association, Groundwater Foundation, Drug Enforcement Administration, Lincoln/Lancaster County Health Department, Lincoln Police Department, Coalition Rx, Lincoln Public School Nurses, LiveWise Coalition, Nebraska Department of Environmental Quality, Nebraska Department of Health and Human Services, Nebraska Medical Association, AARP of Nebraska, Nebraska Pharmacy Foundation, Nebraska Regional Poison Center, Safe Kids Lincoln-Lancaster County, KETV, Nebraska Attorney General's Office, and Nebraska State Patrol.

Nebraskans can do their part to help protect public health and local water supplies by taking medications back to a participating Nebraska MEDS pharmacy. Find one near you at [leftovermeds.com](http://leftovermeds.com) or Google "drug disposal near me."💧



# Get Your Awesome Aquifer Kit!



Get your hands wet while you learn about groundwater! The Awesome Aquifer Kit includes supplies and instructions for six hands-on experiments.



Get yours at [AwesomeAquifer.com](http://AwesomeAquifer.com)

**JOIN OR RENEW! [WWW.GROUNDWATER.ORG/MEMBER](http://WWW.GROUNDWATER.ORG/MEMBER)**

Read the entire *Aquifer*